

1 I claim:

1.

An ankle, leg and hip exercising device, comprising:

a lower portion having an upper end and a parabolic-shaped lower end whereby said lower end may be selectively movably positioned on a supporting surface so as to have a full range of movement with respect thereto; and
a foot supporting and retaining portion at the said upper end of said lower portion for supporting a person's foot therein and resisting the upward, transverse, and longitudinal motion of the person's foot with respect to the device.

2.

The device of claim 1 wherein at least one exercise attachment means is provided on said foot supporting and retaining portion.

3.

The device of claim 2 wherein said exercise attachment means has a receiving means for receiving a weight means thereon.

4.

The device of claim 2 wherein said receiving means comprises an upstanding pipe stub.

5.

The device of claim 4 wherein a first elongated tubular member, having upper and lower ends, has its lower end received by said pipe stub and extends upwardly therefrom.

6.

The device of claim 5 wherein the upper end of said first tubular member has a hand grip portion thereon.

7.

The device of claim 6 wherein said first tubular member has weights mounted thereon.

8.

The device of claim 5 wherein said elongated tubular member is comprised of a flexible material.

9.

The device of claim 8 wherein a second elongated tubular member selectively embraces said first elongated tubular member, thereby increasing the rigidity of said first elongated tubular member.

10.

The device of claim 4 wherein a plurality of overlapping tubular members are secured to said pipe stub and extend upwardly therefrom.

11.

The device of claim 2 wherein a plurality of exercise attachment receiving means are provided on said foot supporting and retaining portion.

12.

The device of claim 11 wherein each of said exercise attachment receiving means comprises a pipe stub.

13.

The device of claim 11 wherein said foot supporting and retaining portion has a forward end, a rearward end, and opposite sides and wherein a pipe stub extends upwardly from said foot supporting and retaining portion at its forward end and at each of its sides adjacent the forward end thereof.

14.

The device of claim 13 wherein a horizontally extending pipe stub extends forwardly from the pipe stub located at the forward end of said foot supporting and retaining portion.

15.

The device of claim 13 wherein a pipe stub extends upwardly from said foot supporting and retaining portion rearwardly of the pipe stub located at the forward end thereof.

16.

The device of claim 1 wherein said foot supporting and receiving portion has a forward end, a rearward end, and opposite sides and wherein strap connectors are provided at said rearward end and at said sides of said foot supporting and receiving means.

17.

The device of claim 1 wherein said foot supporting and retaining portion is selectively removably secured to said lower portion.

18.

The device of claim 1 wherein said foot supporting and retaining portion includes a recessed portion having a forward end, a rearward end, and opposite sides.

19.

The device of claim 18 wherein upstanding walls are provided at the opposite sides of said recessed portion.

20.

The device of claim 18 wherein an arcuate, inverted U-shaped member extends over the forward end of said recessed portion.

21.

The device of claim 20 wherein a heel retainer is adjustably positioned rearwardly of said U-shaped member.

22.

The device of claim 19 wherein said recessed portion is concave-shaped.

23.

the device of claim 20 wherein said U-shaped member is secured to said upstanding walls.

24.

The device of claim 15 wherein the said pipe stub which extends upwardly from said foot supporting and retaining portion rearwardly of the pipe stub located at the forward end thereof is selectively removable.

25.

An ankle, leg and hip exercising device, comprising:
a lower portion having an upper end and a parabolic-shaped lower end whereby said lower end may be selectively movably positioned on a supporting surface so as to have a full range of movement with respect thereto;
and a foot supporting and retaining portion at the said upper end of said lower portion for supporting and retaining a person's foot therein, which at least partially encloses the person's foot.